

Broccolini 3 - Ways

How to cook broccolini- three simple recipes to get a healthy side dish on your table quickly! Roasted broccolini with balsamic vinegar and parmesan, grilled broccolini with chili and lime, and sautéed broccolini with brown butter and almonds.

Prep Time: 5 minutes
Total Time: 15 minutes
Servings: 2-3 servings
Storage: 5 days in airtight container in refrigerator
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Ingredients

Sautéed Broccolini with Brown Butter & Almonds

- Broccolini
- 1 TBSP olive oil
- 1/8 cup butter or ghee
- salt & pepper
- sliced almonds for garnish

Grilled Broccolini with Chili & Lime

- Broccolini
- 1 TBSP olive oil
- 1/2 teaspoon chili powder
- 1/4 teaspoon cumin
- salt & pepper
- 1 lime, sliced

Roasted Broccolini with Balsamic Vinegar & Parmesan

- Broccolini
- 1 TBSP olive oil
- 1 TBSP balsamic vinegar
- 3 cloves garlic (minced)
- salt & pepper
- parmesan cheese (freshly grated)

Instructions

Sautéed Broccolini with Brown Butter & Almonds

Heat olive oil in a pan over medium heat. Add the broccolini and season with salt and pepper.

Cook, stirring occasionally, for five minutes.

Cover and let it steam for 5 minutes, or until the broccolini is bright green and tender.

While broccolini is cooking, melt butter in a small saucepan. Simmer, swirling the pan occasionally, for 5 or so minutes, until you can see small brown flecks and smell a nutty, toasted smell.

Remove from heat immediately and pour over the broccolini.

Sprinkle with sliced almonds and serve immediately.

Grilled Broccolini with Chili & Lime

Heat grill over medium/high heat.

Toss broccolini with olive oil, sprinkle with cumin, chili powder, and season with salt & pepper. Toss to coat.

Arrange on a vegetable grilling plate and place lime slices on the broccolini.

Grill for 5-8 minutes, flipping halfway. Serve with lime wedges.

Roasted Broccolini with Balsamic Vinegar & Parmesan

Heat oven to 425°F.

Toss broccolini with olive oil, balsamic vinegar and garlic. Season with salt & pepper.

Arrange broccolini on a sheet pan. Pour any extra sauce and garlic over the florets.

Bake for 8-12 minutes, until broccolini is cooked to your liking.

Sprinkle with fresh parmesan cheese and serve.